

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: THEORY OF FOOD
CODE NO.: FDS 237 SEMESTER: TWO
PROGRAM: CHEF TRAINING/APPRENTICE COOK
AUTHOR: GLEN DAHL
DATE: JANUARY 1996
PREVIOUS OUTLINE DATED: JANUARY, 1995

New: _____ Revision: _____ X

APPROVED: _____ DATE _____
DEAN, SCHOOL OF BUSINESS &
HOSPITALITY

COURSE NAME

COURSE CODE

COURSE LENGTH: 48 hours - two, 2-hour periods per week

REQUIRED TEXT: Professional Cooking, by Wayne Gisslen

PURPOSE:

The subject content will give the student the basic knowledge of the Theory of Food. This course meets the Ministry of Skills Development of Ontario Standards for the Trade of Cook.

FOOD THEORY - ADVANCE

Deep Frying and Fish Cookery

Cooks' Apprenticeship Training Standards:

- I. Define deep-fat frying:
 - describe origins, equipment, fats and oils, methods of cooking and safety factors

- II. Define the role of fish and shellfish in the kitchen:
 - state the basic fish types:
 - round and flat
 - oily and lean
 - salt and fresh water
 - discuss cuts of fish in common use such as:
 - darne
 - trance
 - troncon
 - filet
 - supreme
 - paupiette
 - goujon
 - describe the methods of cleaning fish:
 - differentiate between mollusks and crustaceans
 - describe the problems relating to hygiene and storage
 - state methods of judging freshness and quality in fish and shellfish
 - describe methods of cooking fish and shellfish

- III. Identify the kinds and classes of poultry and suggest cooking methods for each:
- explain the handling and storage of fresh and frozen poultry and explain how to avoid the health hazards associated with poultry
 - describe how to roast, poach, pan-fry, deep-fry, broil, bake and braise various poultry dishes
 - describe the preparation of farces and the hazards of cooking a stuffed bird
- IV. Define meat and explain its structure:
- list and describe the two types of connective tissue:
 - elastin
 - collagen
 - choose appropriate cooking methods for different cuts of meats
 - describe different degrees of "doneness" in red meats and determine when the desired degree of doneness has been reached
 - describe how to braise, boil, broil, grill, pan-fry and roast appropriate cuts of meat and/or offal (variety meats)
 - describe how to make gravies, jus, using cooking liquids, pan-juices and fonds and a la minute applications
 - differentiate between furred and feathered game
 - handle and store raw and cooked meats properly
- V. Describe various classical and contemporary dishes utilizing wines, spirits and beers:
- explain the culinary use of wines, spirits and beers as they relate to:
 - soups and sauces
 - hors-d'oeuvre
 - fish cookery
 - meat cookery
 - salads
 - desserts
- VI. Describe the various advanced methods and procedures used in cooking:
- describe various advanced cooking techniques using classical garnitures and advanced sauce derivatives as points of departure to explore fish, meat, poultry and vegetables as media of advanced preparation
 - describe various contemporary dishes using sauce and garnish applications